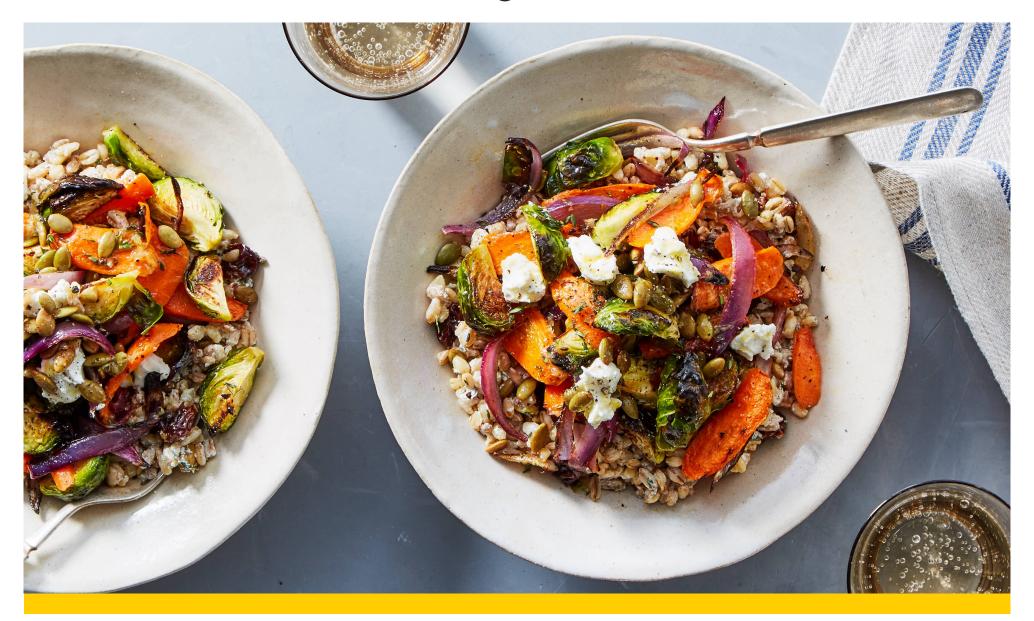
MARLEY SPOON



Harvest Grain Bowl with Daring Plant Chicken

Dried Cherries & Feta





multitude of textures-Daring plant-based chicken, crisp Brussels sprouts and carrots, tender onions, and creamy feta. A final garnish of sweet dried cherries and crunchy pumpkin seeds hits all the right notes.

Grain bowls are a delicious and nutritious way to celebrate the bounty of any season! This hearty version showcases a bed of warm farro covered in a

What we send

- 2 carrots
- ½ lb Brussels sprouts
- 1 red onion
- 1 lemon
- ¼ oz fresh thyme
- 4 oz farro 1
- 1 oz dried cherries
- 8 oz pkg plant-based chicken ²
- 2 oz feta 3
- 1 oz pepitas

What you need

- kosher salt & ground pepper
- · olive oil
- sugar

Tools

- microplane or grater
- medium saucepan
- rimmed baking sheet
- medium skillet

Allergens

Wheat (1), Soy (2), Milk (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1010kcal, Fat 53g, Carbs 101g, Protein 45g



1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Peel **carrots**; cut into ¼-inch slices. Trim and halve **Brussels sprouts** (quarter, if large). Cut **onion** through core into ½-inch wedges. Grate **1 teaspoon lemon zest** and squeeze **half of the lemon** into a small bowl; cut remaining lemon halve into 2 wedges. Pick and finely chop **half of the thyme**; reserve remaining whole stems.



2. Roast vegetables

Fill a medium saucepan with **salted** water; bring to a boil.

Meanwhile, on a rimmed baking sheet, toss carrots, Brussels sprouts, onions, lemon wedges, reserved thyme sprigs, 2 tablespoons oil, and ½ teaspoon each of salt and pepper; spread into an even layer. Roast on upper oven rack until veggies are tender and well browned, about 25 minutes. Remove and discard thyme sprigs.



3. Cook farro, plant chicken

Add **farro** to boiling water and cook, stirring occasionally, until tender, 18-20 minutes. Add **cherries** during last 2 minutes of cooking. Drain and shake out excess water.

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **plant-based chicken** in a single layer and cook, stirring, until warmed through and browned. 4–5 minutes.



4. Make dressing

Transfer roasted lemon wedges to a medium bowl and press with a spoon to squeeze juice; discard rind and seeds. Whisk in 2 tablespoons oil, 1 tablespoon water, and 3/3 of the feta. Season to taste with salt and pepper.



5. Dress grains

Transfer farro, 3/3 of the chopped thyme, and 3/4 of the pepitas to bowl with lemon-feta dressing; toss to combine. Season to taste with salt and pepper.

To bowl with **lemon zest and juice**, add **1 tablespoon oil** and **½ teaspoon sugar**, whisking to combine. Season to taste with **salt** and **pepper**.



6. Serve

Remove whole thyme sprigs from roasted vegetables. Divide grain mixture between bowls, then top with roasted vegetables, plant-based chicken, and remaining pepitas, chopped thyme, and feta. Drizzle with lemon vinaigrette. Enjoy!